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SHARING.

HEY ... DIDN'T I SEE THIS GUY IN THE BURBS?

NO, YOU DIDN'T. THAT WAS TOM HANKS. THIS IS HIS SON COLIN, JUST A GUY WITH A FAMOUS LAST NAME TRYING TO MAKE IT IN THE BIZ **PAGE 10**



When being a son of diplomats doesn't pay

The curious case of Canadian-born Deepan Budlakoti, who faces deportation to India **PAGE 3**

And in keeping with the family theme ...

Alexandra Cousteau, granddaughter of legendary underwater explorer Jacques, is making documentaries about our very own Ottawa River **PAGE 4**

NO HAIR BANDS

LIVE 88.5fm



THE NEXT GENERATION

Aldridge Grenier Alexander, 7, got suited up to meet Canadian astronaut Chris Hadfield at the Wings Over Gatineau-Ottawa Air Show on Sunday. An estimated 30,000 people took in the second annual instalment of the two-day show, which featured vintage biplanes and aircraft dating back to the Second World War and the Korean War. STEVE COLLINS/FOR METRO

Student facing murder trial to appeal suspension

Innocent until proven guilty? Charged with manslaughter in 2010, Sam Tsega only got kicked off campus after charge was upgraded



JOE LOFARO
joe.lofaro@metronews.ca

A criminal lawyer said he will appeal a Carleton University decision to suspend a student whose manslaughter charge was upgraded to first-degree murder Friday, saying "the matter has been prejudged."

Giuseppe Cipriano said his client, Sam Tsega, 21, got an email from Carleton president Roseann O'Reilly Runte shortly after his court appearance. The email said Tsega's studies are suspended and he's prohibited from entering campus.

Tsega and three other men were arrested and charged following the shooting of Michael Swan, 19, on Feb. 22, 2010. Police say Swan died of a single gunshot wound after a group of men stormed into a home on Moodie Drive.

Police charged Tsega on Sept. 23, 2010 with manslaughter, robbery, and forcible confinement.

On Friday, a judge upgraded Tsega's charges after being ordered to reconsider the case. Cipriano said the Crown attorney didn't present new evidence, rather "they changed their theory."

"You are being issued this notice because the university is concerned for the safety and security of students and staff at Carleton University," the letter sent to Tsega reads. "This notice will remain in effect until such time as you provide evidence satisfactory to the university that you do

not pose a threat to the safety and security of others."

Cipriano said a Carleton secretary wouldn't answer his questions when he asked how his client could prove to the university he is not a threat to students and staff.

Tsega's trial isn't scheduled to begin until March 2014.

Notes from a verbal update from former Ottawa Police Chief Vern White to City Council on Sept. 27, 2010, said that after seven months investigators identified, "19-year-old Sam Tsega as being the person responsible for assisting in the planning."

With no new evidence in the case, Cipriano said Carleton is deeming Tsega guilty until proven innocent. An emailed response from Carleton said the move was a standard safety precaution and no assumption was being made about Tsega's innocence.

THE NUMBERS SPEAK FOR THEMSELVES.

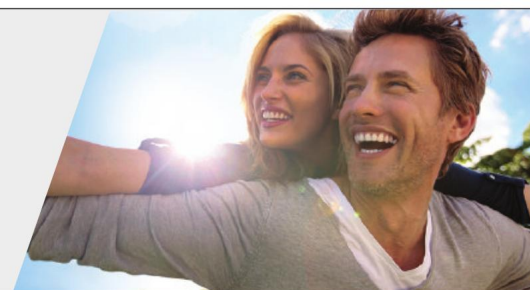
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Canadian-born man fights deportation order to India

'I am not an Indian citizen.' The case became more complicated when India refused to accept him from Canada

Supporters of a Canadian-born man fighting an unusual deportation to India will take his case to Parliament Hill in a press conference Wednesday.

"We're calling on two ministers, the immigration minister and the public security minister, to jump in and basic-

ally stop the deportation and to reinstate my citizenship," said Deepan Budlakoti, who was born in Ottawa to two ex-employees of the Indian High Commission, both of whom are now Canadian citizens.

Budlakoti was ordered deported in 2011 after he was sentenced to three years for weapon and drug trafficking. The government argued that because he was born to diplomatic staff, his Canadian birth did not confer automatic Canadian citizenship.

The case grew more complicated when India refused to accept him from Canada. He says he last visited India — on



"Life is very stressful," says Deepan Budlakoti. "You're stateless in a country that you were born in." He and supporters are campaigning online at justicefordeepan.org to stop his deportation. STEVE COLLINS/FOR METRO

his Canadian passport — at age 12 for a grandparent's funeral.

"I am not an Indian citizen," Budlakoti said. "I have never

lived in India and I have no ties to India whatsoever, other than the fact that my parents came from India."

Budlakoti has had to go to court to get a work permit, which has been issued but still hasn't arrived in the mail. Meanwhile, he says, the numerous restrictions he's under — including a nine o'clock curfew and travel restrictions — will make it difficult to work in his field, construction.

"I can't leave (home) until 9 in the morning and I have to be back by 9 (p.m.). I can't work construction, because construction's always early in the morning." STEVE COLLINS/FOR METRO

Running for Terry Fox

Rona Ghambari, 21, left, and Jia Li, 18, finish the last leg of the Terry Fox Run at Carleton University Sunday along with other runners, walkers, and cyclists. The 33rd edition of the race honouring the legacy of Terry Fox drew more than 1,400 people to the university-led run along Colonel By Drive, Dow's Lake, and the Rideau Canal. The event was held at more than 800 other communities across Canada Sunday. Organizers are still tallying the total dollars raised at the Carleton event, but Gillian Connelly, co-chair of the organizing committee for the Ottawa Terry Fox Run, said supporters have raised more than \$170,000 so far. The figure does not include online donations as they are still coming in, Connelly said. Mayor Jim Watson, Dr. John Bell, and Gov. Gen. David Johnston were among those who were on site to support the event.

JOE LOFARO/METRO



Vibe Lounge. Man shot outside Hintonburg bar

A man is in stable condition in hospital after he was shot in the shoulder and abdomen outside a Hintonburg bar early Friday morning.

Police were called to the Vibe Lounge on Somerset Street West and Bayswater Avenue at 2:32 a.m. and found several bullet casings outside.

Officers were alerted that paramedics had already

rushed a 22-year-old victim to the Ottawa Hospital's Civic Campus nearby.

The man was stabilized and his injuries are not life threatening, police said.

The guns and gangs unit has been called in to investigate further. Anyone with information is asked to call the Ottawa Police Service at 613-236-1222 Ext. 5050.

GRAHAM LANKTREE/METRO

LRT project

Lebreton Flats ready to rumble

The City of Ottawa is warning residents that prep work for the LRT project at Lebreton Flats Western Tunnel Entrance Excavation will require the use of explosives starting on Monday.

Blasting will be commencing on Sept. 16 for a period of approximately four weeks. METRO

Empire. Group aims to keep the curtains up at downtown cinema

A group of downtown residents has banded together to try to lobby to keep the Empire Theatre from closing at the World Exchange Plaza.

"We are trying to prevent this from happening by showing support for maintaining some energy and culture in the down-

town core," said Mary Beth Wolicky, one of the organizers of a Facebook page titled Support The World Exchange Movie Theatres.

The group is encouraging as many people as possible to go to the Empire on Monday, at 6:30 p.m. to see The Family as a show of support. METRO

1 NEWS



After using a turbidity tube to test for clarity, Alexandra Cousteau returns water to the Ottawa River near Hull Marina. Cousteau is in the area working on a series of three documentaries on the river.

COURTESY OSCAR DURAND

The local life aquatic with Alexandra Cousteau

Third-generation environmentalism.

Documentary series on Ottawa River continues work of famous grandpa Jacques



SEAN MCKIBBIN

sean.mckibbin@metronews.ca

The Ottawa River is getting the documentary treatment from the granddaughter of pioneering French scuba diver and environmentalist Jacques Cousteau.

"The Ottawa River is more than 1,000 kilometres long. It's one of the principal watersheds in this region (and) has a long and storied history, which fascinates me," Alexandra Cousteau said on Sunday. "It's a really important source for energy, for drinking water, for recreation and it's a story that deserved to be told."

The documentary is being made as part of a partnership with Ottawa Riverkeeper and de Gaspé Beaubien Foundation for the Ottawa River Mission — a project designed to heighten awareness of the ecological threats facing the Ottawa River.

Cousteau said environmental pressures have changed over time as the world population has grown, and so too have people's attitudes to resources such as the river.

One of the biggest threats facing the river now is combined storm- and sanitary-sewer overflows. When the sewers were built, it was acceptable to allow a heavy rain to overflow into the river. Now people recognize this only pollutes the water for communities downstream. Cousteau said that, though the City of Ottawa is working to address the problem of heavy rains overwhelming the sewer system, there are many layers of government on both sides of the river

that need to come together to tackle the problem.

But just as the issues confronting the environment have changed, Cousteau's trio of documentaries won't be the same variety as the two-hour PBS epics her grandpa used to make. For one, the river is too murky to allow diving scenes; also, the logistics and platforms for distribution will be different.

"He used to get a million dollars in the 1970s to do one hour," Cousteau said. "Today to do an hour you have a fraction of that. You don't have the same opportunities to tell stories as you did, and things are so diluted now, you don't have (the) same audience."

But, she said, the Internet provides new opportunities to tell smaller stories and potentially reach a more diverse audience.

"Cameras have evolved to such a degree that you could edit a film on your iPhone.... People are trying to find new ways to tell these stories."

CHANGE

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Growing ire. Canada's visa system the worst in world for Mexicans: Ambassador

The Mexican ambassador to Canada says his country is "really mad" at the Harper government for the continued imposition of a visa on its travellers here.

Ambassador Francisco Suarez said that Mexico is so upset that if the issue isn't resolved by next year, Mexican President Enrique Pena Nieto might have to postpone a planned visit to Canada.

That would cast a shadow over the festivities that Mexico and Canada are planning for 2014 to celebrate the 20th anniversary of the North American Free Trade Agreement and the 70th anniversary of bilateral relations.

"We're now saying it's a major irritant," said Suarez, who assumed his new post in Ottawa three months ago.

"We're now really mad. Canada has the most stringent visa system for Mexicans of any country in the world."

While Mexico's relations with Canada are generally good, the visa issue could



Francisco Suarez
MIKE BLANCHFIELD/
THE CANADIAN PRESS FILE

become an obstacle to deepening economic co-operation in areas such as energy and natural resources, he said.

Canada imposed a

visa on Mexican travellers in 2009 to curb abuses by bogus refugee claimants. Prime Minister Stephen Harper himself has said he would like to see it lifted but says Canada has to reform its own backlogged refugee system first.

Suarez said Mexicans have an easier time getting visas to the United States, which has serious border and immigration issues with its southern neighbour, and face no such restrictions in EU countries.

"The Canadians require 10 times more information than the Americans."

THE CANADIAN PRESS



Come fight alongside us, say Quebec Liberals

Thousands protest against Quebec's proposed Charter of Values in Montreal on Saturday. The next day, the head of Quebec's opposition Liberals announced he is welcoming women who wear a Muslim veil into his party. Philippe Couillard says the Parti Quebecois' proposal would be especially harmful to immigrant women and that he will fight any law that leads to discrimination. RYAN REMIORZ/THE CANADIAN PRESS

Consent awareness

Group sees rape culture at U of C

Chants advocating sexual assault and a contentious campaign slogan are among the proof that rape culture exists at the University of Calgary, assert the founders of a new awareness group.

Student leaders in Halifax and Vancouver have recently come under fire for ugly frosh-week chants.

Emily Leedham, vice-president external of the Consent Awareness and Sexual Education Club, said she's aware of a campus cheer called the "Old Department Store" that discusses sexually assaulting a woman and tossing her in the gutter.

"It shouldn't take a bunch of frat students literally shouting this for people to take this seriously," she said.

President Ellen Bolger pointed to a slogan used by a U of C student-representative candidate last semester, citing "She wants the D" as another example of ingrained sexism.

JEREMY NOLAIS/METRO IN CALGARY

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In this picture taken Wednesday, university students in Karachi, Pakistan, try to access YouTube. For almost a year, Pakistanis wanting to watch content on the video-sharing website have had to find alternatives.

SHAKIL ADIL/THE ASSOCIATED PRESS

YouTube ban in Pakistan faces court challenge

Internet censorship.

Move has sparked debate on right to information vs. impulse to block material seen as offensive to Muslims

ToffeeTV has hit an unexpected snag. The Internet startup depended on YouTube to promote Hokey-Pokey, the Umm Nyum Nyum Song and other language-teaching clips it produces

Message

"Surf Safely! ... The site you are trying to access contains content that is prohibited for viewership from within Pakistan."

While the tech-savvy have ways to get around the ban, the vast majority of Pakistanis who try to view YouTube get the above message.

for children, but the video-sharing website has been banned in Pakistan for near-

ly a year.

The measure was imposed to block videos that Muslims took as insulting and blasphemous. But the unintended consequence has been frustration for many companies, educators and students. A petition to end Internet censorship is before a Pakistani court, and a debate has been rekindled over how to reconcile the right to a free flow of information with a widespread public sentiment that Islam needs special protections.

THE ASSOCIATED PRESS

Chemical weapons deal a 'victory': Syrian official

A high-ranking Syrian official called the U.S.-Russian agreement on securing Syria's chemical weapons a "victory" for President Bashar Assad's regime, but the U.S. warned Sunday "the threat of force is real" if Damascus fails to carry out the plan.

The comments by Syrian Minister of National Reconciliation Ali Haidar to a Russian state news agency were the first by a senior Syrian government

official on the deal struck a day earlier in Geneva. Under the agreement, Syria will provide an inventory of its chemical arsenal within one week and hand over all of the components of its program by mid-2014.

"We welcome these agreements," Haidar was quoted as saying by the RIA Novosti agency. "On the one hand, they will help Syrians get out of the crisis, and on the other hand,

Lesson for Iran?

U.S. President Barack Obama says his administration's approach to Syria's chemical weapons should show Iran that there's the potential for diplomatic solutions to arms standoffs.

they averted a war against Syria." THE ASSOCIATED PRESS



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Foodie factor. N.Y. village offers free rent to right chef

Locals looking to land a buzz-worthy, foodie-friendly restaurant in the Hudson River village of Catskill, N.Y., are offering the right chef a novel deal: Come to Catskill with a killer concept — maybe farm-to-table, gastropub or vegetarian — and get space on Main Street rent free for a year.

The hope is the right restaurant will give the growing number of downriver arrivals from New York City an attractive place to eat. And maybe it will accelerate the kind of gentrification that has revived other river towns.

"I don't know what the actual spark will be, but I



Nina Sklansky poses in an empty restaurant in Catskill, N.Y. She's trying to help bring a buzz-worthy chef to the town. THE ASSOCIATED PRESS

certainly think this will help ignite whatever's going to happen," said Nina Sklansky, who belongs to a local group promoting Catskill as a funky, affordable place.

THE ASSOCIATED PRESS

Telecom

Who will bid for wireless spectrum? We'll soon find out

Consumers will soon get an indication whether there are any foreign telecoms with the billions and the brawn to push their way

past the country's three dominant carriers to compete for a piece of Canada's wireless market. Registration opens Tuesday for bids in a government auction to buy radio waves needed to build cellphone networks. America's AT&T, Norway's Telenor and U.K.'s Vodafone are rumoured to be interested. THE CANADIAN PRESS

How Twitter flew from obscurity to IPO hype

Social media. Service's public sale of stock will be the most scrutinized since Facebook's Wall Street debut in 2012

Quoted

"You can rub elbows with famous people instantly.... It wasn't until Twitter that the combination of speed and access to anyone became available for everyone."

Fordham University professor Paul Levinson, author of *New New Media*

The Pope. President Obama. Queen Elizabeth. Oprah. You.

When Twitter started seven years ago as an obscure medium for geeks, critics dismissed it as an exercise in narcissism. Some thought it would be as intriguing as watching people gaze at their bellybuttons. But it quickly matured into a worldwide messaging service used by everyone from heads of state to revolutionaries to companies trying to hawk products.

Now, Twitter is taking the next critical step in its evolution — selling stock to the public. It promises to be the most hyped and scrutinized initial public offering since Facebook's Wall

Street debut in May 2012. To be successful, the company will need to become an advertising behemoth and prove that the same service that has already helped change the course of history can also make money.

Twitter quietly slipped out news of its plan to go public in a tweet last Thursday afternoon. By the next morning, nearly 14,000 of Twitter's 200 million users had retransmitted the message.

"Twitter epitomizes the



Famous figures on Twitter include, clockwise from top left, Oprah Winfrey, the Dalai Lama, the Bronx Zoo's once-missing Egyptian cobra, Pope Benedict XVI, President Barack Obama and Queen Elizabeth. THE ASSOCIATED PRESS FILE

revolution of social media ... more than Facebook, more than YouTube," says Fordham University communications

professor Paul Levinson, author of *New New Media*. "It caters to the immediacy, the equality of all users." THE ASSOCIATED PRESS

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A CITIZEN'S TALE OF TWO TICKETS

I was, like other movie lovers, a bit bummed to learn of the impending demise of the last multiplex theatre downtown.

Empire Theatres' lease at the World Exchange Plaza expires at the end of December, and so far no other cinema operator is in the picture. The building's owners are talking about converting the movie house into more offices.

It would be hard to see the change as good news for the downtown. The theatres offered moviegoers an alternative to the suburban megaplexes that had run the other downtown screens out of business. It also served to keep at least some lights on past five in an area of town that can use all the help it can get with its nightlife.

I have to admit, sad as I was to hear about the Empire Theatres, I also drew a blank when I tried to remember the last time I'd bought a ticket to a show there (maybe that Star Trek reboot in 2009?). I clearly



URBAN COMPASS

Steve Collins

ottawa@metronews.ca

haven't been putting my money where my now-complaining mouth is.

More faithful moviegoers will buy their final tickets in December, and then hope the promised multi-screen complex comes to pass at the redeveloped Lansdowne Park.

In a more welcome change this year, I also thought I'd bought my last bus ticket in January when the long-awaited Presto card arrived, ushering in a bold new era of... bussing out to the 'burbs to see new movies.

After a few launching-pad meltdowns, the on-board fare payment part of the system seems to run pretty smoothly. The novelty of saving those couple of seconds once spent feeding tickets into slots and waiting for a transfer, replaced with a wave of the wallet and that satisfying little beep has still not worn off for me.

It's getting the money onto the card where bottlenecks hap-

pen. If, like me, you just want to hand over some cash and charge up a card, it has to be done at one of OC Transpo's service centres. Fine, if your card runs low during regular office hours. On week-ends there's one place in the entire city — the Rideau Centre — to get a top-up.

I had the misfortune to have my card run dry near the beginning of September. This necessitated standing in one of those endless monthly lineups where everyone's renewing their pass — the very lineups I thought this whizz-bang tech was supposed to eliminate. Sure, you could save the 40 to 60 minutes in line by registering your card and filling it up online, as long as you don't mind waiting up to two days for the money to show up in your account.

I asked OC Transpo if they were trying to get those payments to process faster, and the answer is yes — they asked Presto for a software upgrade to allow more frequent network updates back in March. It also, interestingly, took a couple of days for them to scrape up this information for me.

In the meantime, I've invested in some antiques — a sheet of bus tickets — as my backup.

ZOOM

Motor-yikes!



COURTESY GUINNESS WORLD RECORDS

Mega-motorbike tops world record

This gigantic ride got its driver on the high road to record-breaking fame. Fabio Reggiani, 31, has created the world's tallest motorbike — a bike that's six times larger than a standard model. The product designer from Reggio Emilia, Italy, features in this year's edition of the Guinness World Records book. **METRO**

Motorcycle in numbers

5.10 m

the motorcycle's height — higher than a double-decker bus.

10.03 m

the bike's length — longer than a stretch limousine.

5,000 kg

the bike's weight — as heavy as the average African elephant.

Q and A

'I control the bike using a joystick'

What was the process behind making this monster motorbike?

A team of eight of us spent seven months building the vehicle. Most of the parts are actually from large cars: The engine was a 5.7L V8 engine, running at 280 horsepower. It can drive at a top speed of 60 km/h.

How do you reach the sky-scraping handlebars?
I don't (laughs). I control the bike using a joystick that's placed in front of the seat. It's quite easy, in fact — I only need to turn the front wheel.

What's been the reaction from the public?

My favourite one has been, "O mamma mia come è grande!" ("Oh my mother, how big it is!")

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

With the days of summer in the rear-view mirror, it can be hard to escape the fall doldrums. But come on, for most of us, life ain't really so bad. If you sometimes need a little reminder on how to put on that happy face, there's a whole new wave of self-help happiness apps.

Happier:

Let's be honest: No one wants to be the guy walking around telling everyone how great their life is. So now you don't have to. Happier lets you share your happy thoughts with a community of like-minded happiness-seekers.

Track Your Happiness:

Kind of like fitness tracker meets research project. This site lets you track

who you were with and what you were doing when reaching your peak happy levels. Goodbye Debbie-downer friends.

Hapyr:

All it takes, according to the website, is two minutes a day to be a happier you. Hapyr sends a daily reminder for people to sit down and write for just 120 seconds about all the lovely things in their lives.

Twitter



I'm #totescool ;)

@metropicks asked:
When Twitter launched, many doubted its success. Now it's going public. Why do you use Twitter?

@SpenceShaun: Twitter- There isn't a better source for up to the minute news and information. Lightning fast reporting.

@CSRjames: My intern said our project was, I quote "#totesamaze". I laughed. Felt old. Got Twitter. Now

@Carefulspider: It connects you to local news and what's happening in your community. Just one of the reasons I use twitter.

@SteveWLyton: It allows you to share a thought in a noisy social world and get thoughtful responses from the global community.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca

Keeping it in the family

Celebrity spawn.

Famous relatives are a double-edged sword in the movie business

What's in a (family) name?

Quite a bit, apparently, when it comes to the next generation of actors and directors trying to make their way in the film world.

This year's cinematic offerings at the Toronto International Film Festival featured a slew of young movie makers and up-and-coming stars with famous last names who are trying to step beyond the shadow of their well-known relatives.

But while having a recognizable surname can certainly have its perks, it seems a memorable moniker also brings certain pressures.

Colin Hanks, the witty son of the famed Tom Hanks, knows all too well what it's like to be compared to his popular father.

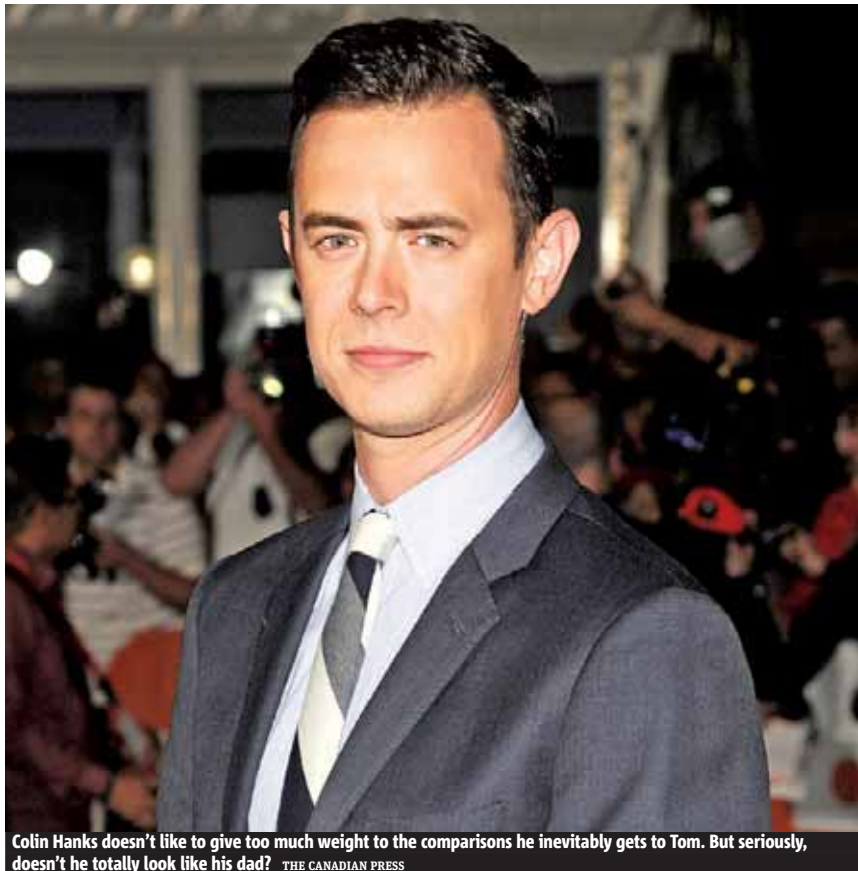
"Definitely, there is more attention than most," said the actor, who was in Toronto promoting his upcoming JFK drama Parkland.

"This sort of idea of, 'Oh well, he's not as good as his dad' — that always makes me laugh because I was getting that when I was 23, and I'm like 'OK ... he had time to get to where he is.'"

The younger Hanks noted that while his last name creates a point of interest, he's stopped stressing over unfair comparisons to his dad.

"There's not really a whole lot I can do about it so I don't really think about it too much," he said with a shrug. "(Acting) is a profession that I've chosen because I love it and I don't want to do anything else."

Sarah Sutherland is already learning to think along the same lines.



Colin Hanks doesn't like to give too much weight to the comparisons he inevitably gets to Tom. But seriously, doesn't he totally look like his dad? THE CANADIAN PRESS

The 25-year-old said being the daughter of Canadian actor Kiefer Sutherland and the granddaughter of esteemed actor Donald Sutherland does come with "certain assumptions."

But the budding actress, who was promoting her new movie Beneath the Harvest Sky at TIFF, hopes she can come to be known for her own work, and not just her name.

"My father and my grandfather have an incredible body of work and both have an incredible work ethic, so I'm just proud to be associated with them and to be making my

own mark in this industry," she said.

"We always keep business and personal things very separate and they've always been very respectful of me figuring things out on my own."

There's no doubt that the progeny of big-name celebrities get held up to higher standards. But there are some among the next generation of stars who are driven by that added scrutiny.

Take Gia Coppola, for instance. The granddaughter of Hollywood heavyweight Francis Ford Coppola (the man behind The Godfather) and niece

of Sofia Coppola is well-aware of the critical analysis her own directorial debut is being subjected to.

"It does add a lot of pressure, but it just makes me want to work harder and prove that I can stand on my own," said the soft-spoken 26-year-old, who has adapted a book by James Franco for the big screen with her film Palo Alto.

"I hope that people see the film because they're interested in the story and not so much to see what the spawn of the (Coppola) family ... can do."

THE CANADIAN PRESS

Review

Who: Vampire Weekend

Where: iTunes Festival

When: Sunday, Sept. 15

During Vampire Weekend's iTunes Festival performance Sunday, you'd be hard-pressed to recognize the nervous Ivy Leaguers who took over indie rock a few years ago. Ezra Koenig and co. came across like bona fide pop stars. On opener, Diane Young, from their latest album, Modern Vampires of the City, the group cranked out the tune's big hooks with aplomb. Meanwhile, tracks from their first two records, such as Oxford Comma and Horchata, received some of the strongest reactions. The band drew in equal parts from all three of their albums, and their distinct voice and polished image served to dispel criticisms that their music was too derivative of Afropop rhythms. Sure, the penchant for intellectual lyrics is still intact, but they're being themselves. They seem more comfortable in their own skin and found the balance between elitism and good old-fashioned fun. Just before their third and final encore, Koenig said goodbye to the audience and wished everyone a good school week.

JACOB MORGAN/METRO

EACH MONDAY IN SEPTEMBER, METRO WILL REVIEW ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL, TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON — AND STREAMING ONLINE IN HD — THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. PT. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONWS.CA

After full-frontal, it's time to say goodbye

Where do you go after you show Alexander Skarsgård naked? Answer: Nowhere — you just have to cancel the series.

OK, that might not be the reason HBO pulled the plug on True Blood, but it might be close. (After you go full frontal, it's hard to go back.)

Michael Lombardo, the network's president of programming, released this statement about ending the show in 2014 after seven seasons:

"True Blood has been nothing short of a defining show for

HBO. Alan Ball took the books by Charlaine Harris, assembled a brilliant cast led by the magnificent Anna Paquin in the role of Sookie Stackhouse, and crafted a show that has taken its many devoted fans on an unforgettable journey.

Alan passed the baton to Brian Buckner, who led our fantastic writers and crew in crafting a spectacular sixth season, and he will lead us through the seventh and final season of this amazing show.

Together with its legions

of fans, it will be hard to say goodbye to the residents of Bon Temps, but I look forward to what promises to be a fantastic final chapter of this incredible show."

In a recent interview with Metro, we asked Kristin Bauer Straten, who plays Pam, what she would do when True Blood ends its course.

"I have a secret hope that I can stay in the world of cable television, HBO," she told us (got that, Lombardo?) "It's just nice to be in a world without

advertising.

"And I know that the other networks — kids today don't know that the networks are free. You can get a coat hanger and you can watch ABC and CBS and NBC. So, I understand they have to be paid for, but it is a different feel working for HBO, where the creative content doesn't have that control and so, clearly, we get to do things that you can't do when, you know, little kids might be watching."

DOROTHY ROBINSON/METRO



True Blood's Stephen Moyer, who did not get buck naked on the show. CONTRIBUTED

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Liam Hemsworth and Miley Cyrus. ALL PHOTOS GETTY IMAGES

Who's going to swing the final wrecking ball through this relationship?

This can't be a good sign. In the wake of renewed rumours about Liam Hemsworth and January Jones getting cosy, Hemsworth's fiancée, Miley Cyrus, has unfollowed him on Twitter, adding to speculation that the couple of four years may be in trouble. Cyrus has been travelling around

Europe promoting her latest album, while Hemsworth was most recently in Las Vegas this weekend for the Mayweather-Canelo boxing match. Hemsworth and Cyrus haven't been spotted together in public since the premiere of his latest film, *Paranoia*, last month in Los Angeles.

Cher's not showing Russia any love

Cher is not down with Russia's current treatment of LGBT citizens, so she won't be helping out with the 2014 Winter Olympics in Sochi. "I can't name names but my friend called who is a big oligarch over there, and asked me if I'd like to be an ambassador for the Olympics and open the show. I immediately said no," she tells Maclean's magazine. "I want to know why all of this gay hate just exploded over there. He said the Russian people don't feel the way the government does."



Cher

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

The new adventures of Pippi Longstocking — rated X

STARGAZING
Malene Arpe
scene@metronews.ca

The pilot of a private plane tells TMZ that when Justin Bieber and his posse recently exited an SUV to board, pot smoke billowed out and Justin was "baked out of his mind" on the flight. Calm down. Justin's just researching for his next song. If I Was Your Boy Idol Who Threw It All Away.

Tami Erin, who played Pippi Longstocking in some 1980s movie, says she's releasing her sex tape before her ex does. Here's hoping said ex isn't the horse or the monkey.

Prince Andrew is confronted by security personnel at Buckingham Palace. Being him is like being the Jonas Brother named ... erm ... his name is ... the one who sings on Broadway.

Brad Pitt says there may be a *World War Z* sequel in the works. It may take a while because they have to figure out the CGI necessary to make the zombies run even faster.

Gwyneth Paltrow is filmed cutting in front of a school bus while riding her Vespa with one of her kids on the



back. In her defence, she was late for a diamond-infused, elf-administered, \$5,000 colonic.

Yeezus, Kanye get a grip!

Kanye West has been formally charged with misdemeanor battery and attempted grand theft stemming from his brawl with a photographer outside the Los Angeles International Airport in July, according to TMZ. An arraignment has been scheduled for Oct. 10. "We are very gratified to learn today that the L.A. City Attorney has chosen to criminally charge Kanye West," Gloria Allred, the attorney for photographer Daniel Ramos, said in a statement.



Kanye West

Twitter

@justinbieber
Gotta run.@DonCheadle
Tweeps, if I'm out where there's 11K people and EVERYBODY wants "just one picture" and I politely decline, please don't take it personally.@Fred_Willard
Wondering today why coffee and tea cups are only half full in tv, film... Bigger question, why do I wonder?

Pattinson wants his women to 'own it'

Robert Pattinson knows what he's looking for in a woman. "Someone knowing who they are; it's the best. I guess because it's the opposite of what I am. I am so all over the place," the *Twilight* hunk tells Harper's Bazaar. "If someone looks good in their clothes, it's because they are comfortable in their own skin. It's literally just like owning it. Oh no, that is so lame. I feel like I am on *Project Runway* saying 'own that.'" Pattinson is still on the market after officially splitting from Kristen Stewart four months ago.



Robert Pattinson

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Feeling good

Getting high on self-esteem

According to Nick Whitehead, the CEO of Oxford Learning, some students with high self-esteem have only mediocre marks.

That's because they have learned important lessons:

Trying is as important as success, and overcoming failure and learning from mistakes are essential to development.

Whitehead points out that parents can tell if children have healthy self-esteem by observing their actions and asking some vital questions.

- Does all learning have to be

highly structured or does she or he accept change?

- Can your child willingly accept difficulty, or deal with failure?

- When confronted by failure, does she or he blame somebody else? Or does your child take responsibility for his or

her own learning experience?

- Is your child content just to get by with average achievement or does she or he try to excel?

NEWS CANADA

Exclusively online

Read *Reasons Mommy Drinks*, by Lyrandia Martin Evans and Fiona Stevenson at metronews.ca/voices. Buy the book, *Reasons Mommy Drinks*, in North American bookstores now.



Take a bite out of school lunches

Tips. A recent survey shows that 62 per cent of parents don't enjoy making school lunches for their kids



IT'S ALL
RELATIVE
Kathy Buckworth
kathybuckworth.com

Being a parent is hard work. And if I were to believe what I see on Twitter, Facebook and in blogs, article and television segments, the making of school lunches is near the top of the list.

(As an aside, is it just me, or am I right in thinking that if making a school lunch is even in the top 100 complaints about your life then your life is pretty good?)

A survey I recently ran with Cityline viewers revealed that 62 per cent of respondents said they do not enjoy making their kids' lunches, but they do it anyway, even though the kids are old enough to do it themselves.

In the corporate world, this



Getting your children involved in making their own school lunches is an opportunity to teach them about making healthy food choices. ISTOCK

would be known as bad project management. True, there are some parents who like being responsible for putting together the lunches for their kids, which allows them to control what foods and how much goes in. Of course, it can't control

the fact that little Jimmy may still trade away his apple for a brownie, or pitch the broccoli in a bin on the way out of the lunchroom, but it can help limit their bad food choice options.

What it doesn't do, though, is teach them to make their

own healthy food choices at home, and to take on a responsibility that they can easily handle from about age eight and up.

Kids even younger should be involved in some part of the lunch construction.

While there is a growing trend to hide nutritious food from kids (zucchini in muffins), or make it "fun" for them to eat (sandwiches cut like flowers), this is really just training mom and dad on some new mostly non-transferable culinary skills, and not providing a food education for your children. Teach them to make a regular, square sandwich instead.

So how can you get the kids to take it on?

1. Sit down and write out a list of lunch options: sandwiches, re-heatable foods and salads, as their main entree.

2. List acceptable snacks they can choose from, out of the cupboard, fridge, or fruit bowl. Then let them construct.

3. Start by having them "own" the responsibility of lunch. If they want you to make it, they have to ask. Nicely. And you can say no. (You're the boss, remember?).

KATHY BUCKWORTH'S NEW BOOK *I AM SO THE BOSS OF YOU* IS AVAILABLE IN BOOKSTORES EVERYWHERE. KATHY IS THE NEW HOST OF *TORONTO SPEAKS: PARENTING*, DEBUTING ON ROGERS TELEVISION MONDAY, SEPT. 30.

3 TIPS



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Memorizing a 400-digit number? 'Anyone can do it with practice'

All hail the human computer. Some folks are making it their mission to be masters of memory, but is the skill still valid in the age of all things digital?

KIERON MONKS
Metro World News in London

In 1978, sharks turn vegetarian. In 2041, a mouse swims across the ocean. This was unlike any test I had experienced — in five minutes I had to memorize 150 pairs of abstract events and dates, competing against the world's best memories.

Around the room competitors had their eyes shut in fierce concentration, their ears covered with headphones;

some tapped their feet or rocked back and forth. I was out of my depth and relieved to score 10. "Not terrible," according to a supervisor.

The UK Open Memory Championship, held at the Science Museum in London, England, attracts many of the leading mnemonists. They compete in 10 disciplines that include memorizing decks of cards in under a minute and reciting 400-digit binary numbers.

"This is about creativity — you take the numbers and turn them into pictures and make stories out of them," says three-time world champion Ben Piddmore, who describes himself as an "accountant with the soul of a hippie."

This year's winner was Swedish prodigy Jonas Von Essen, 21. He agreed the process is all about imagination.

"I write, draw, make movies and look at different shapes to



A contestant waits his turn in the final round of the speed cards trial at the UK Open Memory Championship.

KIERON MONKS / MWN

figure out what they could be — that is how I get the discipline. Anyone can do it with practice."

Changing the impression of a closed shop for science geeks is key to the sport's growth, and although there were no

female participants this year, new ground is being broken all the time.

Since the first World Championships in 1991, seven founding members have grown into global rankings for a top 1,000 and a thriving tour of prestige events from Bahrain to China.

Standards have been driven up along the way.

"In athletics we measure success and failure by 100ths of seconds, but in mental athletics every year we are discovering the brain capacity is much bigger than we thought possible," says Chris Day, general secretary of the World Memory Sports Council.

In the 1980s it was widely believed that no-one could recall more than 30 numbers, but the 2012 World Champion Wang Feng, from China, has memorized 2,660.

To compete at the top, training requirements have gone from one hour per day for a week, to 10-hour days for six months, and many competi-

tors use audiovisual stimulation machines to keep them sharp.

Some have questioned the need for memory training in a digital age, but author and former champion Dominic O'Brien believes it is essential.

"If you don't exercise your memory, your attention span and mental agility suffers. Google is fast food and we need to work it off."

O'Brien has secured government funding for a scheme that teaches memory techniques in

Joggin' the noggin

"If you don't exercise your memory, your attention span and mental agility suffers. Google is fast food and we need to work it off."

Dominic O'Brien
Author and former memorization champion

schools.

"You have the kids learn a story and then they realize they have learned the first 20 elements of the periodic table."

But for real-life application, many of the competitors said they are still just as likely to forget their car keys or get lost on holiday, as the techniques need to be consciously applied.

Others have been chased out of casinos for their card-counting tricks.

Chris Day foresees a military use.

"If agents could memorize a lot of data it would get through searches." Human surveillance units? In the NSA-era, our memories may be the only safe place left.

Memory technique

Remembering a speech:

- Break it down into sections
- Attach a word to each section. Example: door, dog, handkerchief.
- Construct a story using the words and give them

context. Example: 'I walk through the squeaking door, and see my dog sitting on the mat. On his nose is a handkerchief.'

- Go over the story until you can remember it forward and backward.

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BUSINESS • TECHNOLOGY • HEALTHCARE

I want words, not the wide screen

Beauty of the book.

How to foster a life-long love of reading in your little one

Reading is a gift — it takes you on a journey, opens your eyes, raises questions and exposes you to new thoughts and ideas. With the following five tips, you can make sure your child will read more and have fun while doing it:

Designate reading time

Setting daily reading time with your child is an effective way to motivate him or her to read more. Whether it is during breakfast, after school or before bedtime, a set time of day infuses routine and stability, giving your child something to look forward to.

Learn a new word a day

Pick out a word in an encyclopedia, or have your child flip to a random page and select a word with his

or her finger, then study it and learn the spelling and meaning behind the word. If you would like to go even further, you can encourage your child to use that word in a sentence the following day to help with memory retention.

Learn through listening

Audio books, learning songs and trivia challenges help build comprehension skills

Keep a journal

A journal is a great way to bolster your child's creativity and enhance reading and writing skills.

- To add another layer of learning, encourage kids to use some of the new words they have been learning to further enhance their vocabulary. A short daily journal entry will help keep their skills sharp.

and vocabulary. For a tool to help the learning to read and write process, the LeapReader by LeapFrog has a library with more than 150 stories, work and audio books, along with a wide range of activities that are sure to stimulate their minds and help foster enhanced reading and writing skills.

Start a book club

Organize a book club amongst your children's friends. Host a get-together once a month, where they can discuss the latest book they are reading. Make it fun by serving some snacks and drinks (you can even theme them around the story).

These tips will help ensure reading is an enjoyable experience that you and your child will relish. By making reading fun, you will ensure that your child enhances his or her skills and it will be a memorable experience that you can share together for years to come.

NEWS CANADA



Why don't you start your son or daughter with a story you loved at their age? ISTOCK

STUDYING ABROAD CAN OPEN DOORS

FIND OUT MORE ON SEPT. 22

The Study and Go Abroad Fair will take place Sept. 22 at the Ottawa Convention Centre, and will feature top-ranking universities and student travel companies from Canada and around the globe offering undergraduate and postgraduate programs, gap year options and adventure travel for students of all ages.

A full program of information seminars on a range of exciting topics is scheduled throughout the day starting at noon, with a feature seminar on Study in Australia: A Future Unlimited.

"This is a great opportunity for students to make their dreams a reality," says Anita Kuehnle, director. "There is

a misconception that studying abroad is expensive, which doesn't have to be the case. University fees vary greatly depending on the country and the program, and various academic and athletic scholarships are available, especially in the U.S. and England."

Universities from the U.S., U.K., Australia, Switzerland, Caribbean and many other countries will be showcasing programs in medicine, law, pharmacy, hotel management, business, technology, science, and culinary and liberal arts, among other fields. Visitors who are planning a gap year, or looking for other travel options can visit the Travel Zone for work abroad, volunteer, and internship programs.

Exhibitor profiles, scholarship information and seminar schedules for the Study and Go Abroad Fair can be found at studyandgoabroad.com, along with details of the grand prize draw.

CANADA'S LARGEST INTERNATIONAL
UNIVERSITY AND STUDENT TRAVEL EXPO

STUDY AND GO ABROAD FAIRS

STUDY • TRAVEL • WORK • VOLUNTEER

FREE
SEMINARS
starting at 12 noon

FREE
ADMISSION



Pre-register
online and
enter our
Grand Prize
Draws

SUNDAY
SEPTEMBER 22
OTTAWA CONVENTION CENTRE 1 PM - 5 PM

www.studyandgoabroad.com

STUDY AND GO ABROAD FAIRS

METRO CUSTOM
PUBLISHING

Mexican Independence Day isn't complete without Cemita

This traditional Mexican sandwich offers delicious layers of zesty chicken, a creamy cheese spread, crunchy cabbage slaw and sliced avocados from Mexico.

Personalize your Cemita by replacing the chicken with pulled pork or thinly sliced beef and cranking up the spice level.

Sharing, optional. Napkins, mandatory.

1. In bowl, combine cabbage, lime juice, sugar, salt and pepper. Set aside.

2. In saucepan, bring onion, broth and BBQ sauce to boil over high heat; reduce heat to medium and gently boil until onion is softened and liquid is reduced to about 1/2 cup (125 ml), about 5 minutes. Add chicken; heat through. Cover and set aside.

3. Avocado Cheese Spread: In bowl, mash one of the avocados. Stir in mayonnaise, lime juice, salt and pepper; fold in



This recipe serves six. COURTESY MISSAVACADO.CA

cheese and cilantro. Thinly slice remaining avocado.

4. To build sandwiches, place avocado slices on base of toasted buns. Spoon some of the

chicken mixture ovetop; top with cabbage slaw, then Avocado Cheese Spread, and finally a few pickled jalapenos. Top with bun lids, skewering with picks, if needed. MISSAVACADO.CA

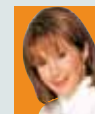
Ingredients

- 2 cups (500 ml) finely shredded cabbage
- 2 tbsp (30 ml) lime juice
- 1 1/2 tsp (7 ml) sugar
- 1/4 tsp (1 ml) each salt and freshly ground pepper
- 1 small onion, thinly sliced
- 3/4 cup (175 ml) chicken broth
- 1/2 cup (125 ml) favourite smoky BBQ sauce
- 3 cups (750 ml) cooked rotisserie chicken, shredded
- Avocado Cheese Spread
- 2 fully ripened avocados from Mexico, halved, pitted, peeled
- 1/4 cup (60 ml) light mayo
- 1 tsp (5 ml) lime juice
- 1/4 tsp (1 ml) each salt, pepper
- 1 cup (250 ml) shredded fresh Oaxaca cheese
- 1/4 cup (60 ml) chopped cilantro

- 1/2 cup (125 ml) sliced pickled jalapeno peppers
- 6 large sesame seed burger buns, split and toasted

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

Get in those last cold treats before fall arrives, but be careful if you're watching calories, fat and sugar.



Medium Dairy Queen S'mores Blizzard

870 cal / 38 g fat / 92 g sugar
Better stick to the camp fire s'mores for calories and fat. The soft serve with s'more ingredients is not worth the calories, fat and sugar.

Equivalent

One medium Dairy Queen S'mores Blizzard is equal in fat to eight s'mores.



Medium Dairy Queen Chocolate Sundae

410 calories / 9 g fat / 64 g sugar
A chocolate sundae is so satisfying at half the calories and one quarter the fat.

SONY α
make.believe presents

Taste

Use the Universal Language.
Join the Metro Photo Challenge 2013

Enter your photos in any of the six sense-categories and have the chance to explore West Africa with Metro and Reach for Change as our photo reporter.

SONY α
make.believe presents

metro

PHOTO CHALLENGE

In collaboration with

Reach for Change

metrophotochallenge.com

f t i s i

Avo-licious variation of Mexican Pozole

Ingredients

- Water
- 1-2 lbs (500 g - 1 kg) stewing beef
- 1 small onion cut in half
- 1 tsp (5 ml) bouillon cube
- 1 clove garlic
- 1 tbsp (15 ml) Kosher salt
- 3 bay leaves

Chili

- 1 red dried chili
- 1/2 tsp (2 ml) cumin powder
- 1/2 tsp (2 ml) salt
- 2 tsp (10 ml) sesame seeds
- 1 (20 oz/ 591 ml) can white hominy (drained and rinsed)

Avocado Dip

- 1 large avocado from Mexico
- 2 oz (60 g) cream cheese
- 1 tbsp (15 ml) cilantro
- Juice of 1-2 limes
- 1/2 tsp (2 ml) pepper
- 1 large jalapeno
- 1/2 tsp (2 ml) salt

Garnish

- freshly shredded cabbage
- limes
- avocado slices



This recipe serves six. COURTESY MISSAVACADO.CA

Serve this Mexican stew with a delicious avocado dip and fresh tortilla bread on the side.

1. In a medium-large pot with enough water, boil meat, onion, bouillon, garlic, salt, bay leaves until tender, 1-2 hours.

2. Chili Sauce: Remove stems from chili and boil in water in a medium sauce pan until soft. Using a blender, combine chili pepper, cumin powder, salt, sesame seeds until well blend-

ed. Use a food mill or mesh strainer to extract the sauce out of the mixture. Set aside.

3. Once meat is ready, add chili sauce and hominy. Bring to a boil. Remove from heat.

4. Avocado Dip: Blend all ingredients in a blender until creamy.

5. Serve Pozole with fresh cabbage, avocados and limes.

MISSAVACADO.CA

NBA

James picks up another ring

Miami Heat star LeBron James married Savannah Brinson at the posh Grand Del Mar Hotel in San Diego on Saturday, according to two people familiar with the details of the ceremony.

THE ASSOCIATED PRESS

Soccer

Ronaldo re-ups with Madrid

Cristiano Ronaldo signed a new contract with Real Madrid on Sunday that will keep him at the Spanish club until 2018. Madrid did not disclose the terms of the deal.

THE ASSOCIATED PRESS

CFL

Lions have little problem taming Alouettes

Travis Lulay threw for a touchdown and ran for another as the B.C. Lions beat the Montreal Alouettes 36-14 in CFL action Sunday.

B.C. improved to 7-4 while avenging a last-second loss in Montreal on Aug. 22. The Alouettes, who were held scoreless in the first half and trailed throughout, fell to 4-7.

THE CANADIAN PRESS



The Lions celebrate Marco Iannuzzi's TD against the Alouettes on Sunday. THE CANADIAN PRESS



Denver quarterback Peyton Manning looks upfield after shaking Giants defensive tackle Shaun Rogers during the Broncos' 41-23 win over on Sunday in East Rutherford, N.J. Peyton has now won all three career meetings against his brother Eli Manning. RON ANTONELLI/GETTY IMAGES

Brother down: Peyton tops Eli in family affair

NFL. Eli, Giants fall to 2-0 as Broncos win laugher in New Jersey

Big brother Manning got the better of his kid sibling, with lots of help from Denver's one-man ground game.

Peyton Manning didn't need another record-tying seven touchdown passes Sunday, settling for two in the Broncos' 41-23 romp over Eli and the Giants.

The older Manning is 3-0 in the NFL against Eli, with

Week 2

41

Broncos

23

Giants

the other two victories coming when Peyton was with the Colts. He got this win with a huge boost from Knowshon Moreno, who rushed for two touchdowns and 93 yards on just 13 carries. Denver (2-0), which has won 13 straight

Mile high yardage

60,000

Peyton Manning became the third player to surpass the 60,000-yards passing threshold on the Broncos' opening drive Sunday.

regular-season games, ran for 109 yards altogether.

With Manning finding Wes Welker and Julius Thomas for touchdowns, and Moreno scoring on sprints down the right side of 20 and 25 yards, Denver dominated much of

the matchup between Super Bowl MVP quarterbacks; Eli has won two titles, Peyton one.

After the rout, the brothers shared a very short handshake while surrounded by a mob of photographers and TV cameras.

Eli Manning was picked off four times — he was intercepted 15 all of last season — and the Giants also allowed Trindon Holliday's spectacular 81-yard punt return for a touchdown, the first such score in the league this season.

THE ASSOCIATED PRESS

Spezza steps into captain's spotlight



New Senators captain Jason Spezza speaks with reporters on Saturday. THE CANADIAN PRESS

The Ottawa Senators put an end to speculation and officially named Jason Spezza as its captain Saturday afternoon.

The announcement came as no real surprise as Spezza was the odds-on favourite to take over the captaincy after Daniel Alfredsson chose to sign with the Detroit Red Wings as a free agent in July.

"This is a huge honour for both myself and my family," said Spezza, as he read from a prepared statement. "It's something that is very important to me."

Spezza becomes the eighth captain in franchise history and admitted wearing the "C" is a dream come true.

"For me I've always dreamed of being a captain," said Spezza, who missed most of last season with a back injury. "My main goal is to try to win the Stanley Cup and that's something that I've always wanted. I take the game of hockey very seriously and I like being able to help my teammates."

"I like being able to push myself and try to become a better player every day."

Being the face of the franchise is an honour and a challenge that Spezza says he is looking forward to.

Spezza said that having had the opportunity to play alongside Alfredsson and experiencing the highs and lows of a professional career have allowed him time to grow as both a player and a person.

"I feel like it's come naturally; I feel like it's not something that's been forced upon me and that gives me the confidence to know that I can do a good job."

THE CANADIAN PRESS

4-year deal for Cowen

The Sens agreed to terms with defenceman Jared Cowen on a four-year contract on Saturday.

- Cowen began the 2012-13 season with the Binghamton Senators. He underwent surgery in November for a torn labrum in his left hip, sidelining him until April, when he made his NHL season debut.

4 SPORTS



Milos Raonic leaves after his match against Novak Djokovic in Belgrade, Serbia, Sunday. Raonic, of Thornhill, Ont., came in with a slight ankle injury that he picked up in his win over Janko Tipsarevic on Friday. DARKO VOJINOVIC/THE ASSOCIATED PRESS

Canadians banged up after falling to Serbs in semifinal

Davis Cup. Pospisil, Raonic walk away from international tourney with ankle injuries

Canada limped out of the 2013 Davis Cup semifinal with three losses to Serbia, and two bruised bodies.

The Canadian team's Davis Cup run came to an end Sunday as Janko Tipsarevic beat Vasek Pospisil 7-6 (3), 6-2, 7-6 (6), giving Serbia the 3-2 win in the best-of-five tie.

Pospisil was injured when he dove to hit a volley that was returned for the final point.

"I went for a volley and rolled my ankle and hear some pops, which obviously isn't good, but that was it," said Pospisil, who was helped into the

post-match press conference by Canadian staff members. "My ankle's swollen right now. Hopefully it's nothing too serious.

"The fact that I was able to walk out of there was probably a good thing."

Tipsarevic took a commanding 5-1 lead in the decisive tie-break but had trouble closing out the game until match point when he desperately dove for Pospisil's shot.

The euphoria for the hosts started when the ball just barely made it over the net and past a helpless Pospisil. Had he won the point and the match continued, Pospisil insists he would have played through the pain as best as possible.

Canada's run to the semifinals featured upset wins over Spain and Italy. And with the 23-year-old Pospisil, 22-year

Tennis nation

Serbia is back in the final for the first time since winning the tournament in 2010.

- Novak Djokovic forced the decider when he took down No. 11 Milos Raonic 7-6 (1), 6-2, 6-2 in the first match of the day.

old Milos Raonic, and doubles maestro Daniel Nestor, who insists he still has a few years left despite being 41 years old, there is the core of a strong team for years to come.

"Hopefully they'll have to deal with us a lot in the future," Pospisil said. "We're a pretty young team, so that's obviously good for us."

THE CANADIAN PRESS

PGA Tour

Rain washes BMW finale into Monday

Jim Furyk will have to wait one more day to try to end three years without a PGA Tour victory.

The final round of the BMW Championship was suspended Sunday because of steady rain that left too much water on Conway Farms. Furyk, who has a one-shot lead over Steve Stricker, was still about two hours away from even teeing off.

"The bad news — obviously, I'm anxious to get out there and play, as is everyone else," Furyk said. "But the good news is no one wants to go out and play in this and slop it around in bad weather on a golf course where we're playing the ball down and it's probably a little too wet out there."

Furyk was at 13-under 200 and in the final group with Stricker. Brandt Snedeker was two shots behind at 202, followed by Zach Johnson at 203 and Tiger Woods at 204. Woods was penalized two shots on Friday when his ball moved as he was removing a small branch next to it behind the first green. THE ASSOCIATED PRESS

MLB. Avila flushes Royals out of Motown with tiebreaking homer

Max Scherzer could only watch as the lead — and another shot at his 20th win — slipped away.

The Detroit right-hander didn't mind, especially once Alex Avila's homer put the Tigers ahead again moments later.

Avila homered twice, including a tiebreaking solo shot in the eighth inning that lifted Detroit over the Kansas City Royals 3-2 Sunday. Scherzer was in line for his 20th win when reliever Drew Smyly allowed the Royals to tie it in the top of the eighth, but Avila answered with a drive to right-centre for his 11th home run this season.

"We're just looking to win the game," Scherzer said. "I don't care if I win another game, if we win our division, that's all that matters."

The AL Central-leading Tigers entered five games ahead of second-place Cleveland, which faced the Chicago White Sox.

Scherzer has two losses and two no-decisions since a 19-1 start but was terrific Sunday. He allowed a run and five hits with 12 strikeouts and one walk in seven innings. He



Ramon Santiago congratulates Alex Avila on hitting a two-run home run on Sunday in Detroit.

LEON HALIP/GETTY IMAGES

was on track to become baseball's first 20-game winner this year when he pitched out of a second-and-third, one-out jam in the seventh to preserve a one-run lead.

Joaquin Benoit got three outs for his 20th save in 20 chances.

Jeremy Guthrie (14-11) pitched all eight innings for the Royals. He allowed three runs and 13 hits. He struck out four and walked one.

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	91	59	.607	—
Tampa Bay	81	67	.547	9
Baltimore	79	70	.530	11½
New York	79	70	.530	11½
Toronto	68	81	.456	22½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	86	63	.577	—
Cleveland	80	68	.541	5½
Kansas City	78	71	.523	8
Minnesota	64	84	.432	21½
Chicago	58	90	.392	27½

WEST DIVISION

	W	L	Pct	GB
Oakland	88	61	.591	—
Texas	81	67	.547	6½
Los Angeles	72	77	.483	16
Seattle	66	83	.443	22
Houston	51	98	.342	37

Sunday's results

Baltimore 3 Toronto 1
Detroit 3 Kansas City 2
Minnesota 6 Tampa Bay 4
L.A. Angels 2 Houston 1
Oakland 5 Texas 1
Cleveland at Chicago White Sox
N.Y. Yankees at Boston

Saturday's results

Boston 5 N.Y. Yankees 1
Oakland 1 Texas 0
Toronto 4 Baltimore 3
Kansas City 1 Detroit 0
Tampa Bay 7 Minnesota 0
Cleveland 8 Chicago White Sox 1
L.A. Angels 6 Houston 2

Monday's games — All times Eastern

Seattle (Saunders 11-14) at Detroit (Porcello 12-8), 7:08 p.m.
Texas (Garza 3-4) at Tampa Bay (Cobb 8-3), 7:10 p.m.
Cincinnati (Cueto 4-2) at Houston (Bedard 4-10), 8:10 p.m.
Minnesota (Hendriks 1-2) at Chicago White Sox (Quintana 7-6), 8:10 p.m.
Cleveland (Kazmir 8-8) at Kansas City (Shields 11-9), 8:10 p.m.
L.A. Angels (Wilson 16-6) at Oakland (Gray 3-3), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	89	60	.597	—
Washington	79	70	.530	10
Philadelphia	69	80	.463	20
New York	67	82	.450	22
Miami	55	94	.369	34

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	87	62	.584	—
St. Louis	87	62	.584	—
Cincinnati	84	66	.560	3½
Milwaukee	65	83	.439	21½
Chicago	63	86	.423	24

WEST DIVISION

	W	L	Pct	GB
Los Angeles	86	63	.577	—
Arizona	75	73	.507	10½
San Francisco	69	81	.460	17½
San Diego	68	80	.459	17½
Colorado	68	82	.453	18½

Sunday's results

N.Y. Mets 1 Miami 0 (12 inn.)
San Diego 4 Atlanta 0
Pittsburgh 3 Chicago Cubs 2
Washington 11 Philadelphia 2
Milwaukee 6 Cincinnati 5
St. Louis 12 Seattle 2
San Francisco 4 L.A. Dodgers 3
Arizona 8 Colorado 2

Saturday's results

Cincinnati 7 Milwaukee 3
Miami 3 N.Y. Mets 0
Pittsburgh 2 Chicago Cubs 1
Philadelphia 5 Washington 4
Atlanta 2 San Diego 1
Seattle 4 St. Louis 1
N.Y. Mets 3 Miami 1
Arizona 9 Colorado 2
San Francisco 19 L.A. Dodgers 3

Monday's games — All times Eastern

San Diego (Cashner 9-8) at Pittsburgh (Burnett 8-10), 7:05 p.m.
Miami (Dyson 0-0) at Philadelphia (Lee 13-6), 7:05 p.m.
Atlanta (Minor 13-7) at Washington (Haren 9-13), 7:05 p.m.
Chicago Cubs (Jackson 8-15) at Milwaukee (Peralta 9-15), 8:10 p.m.
St. Louis (Lynn 13-10) at Colorado (McHugh 0-2), 8:40 p.m.
L.A. Dodgers (Ryu 13-6) at Arizona (Cahill 6-10), 9:40 p.m.

CFL

WEEK 12

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	11	7	4	0	321	288	14
Hamilton	11	5	6	0	288	303	10
Montreal	11	4	7	0	259	321	8
Winnipeg	11	2	9	0	224	333	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	11	9	2	0	346	268	18
Saskatchewan	11	8	3	0	354	258	16
B.C.	11	7	4	0	301	280	14
Edmonton	11	2	9	0	259	301	4

Sunday's results

B.C. 36 Montreal 14

Saturday's results

Edmonton 25 Winnipeg 7
Toronto 31 Saskatchewan 29

NFL

WEEK 2

Sunday's results

Buffalo 24 Carolina 23
Kansas City 17 Dallas 16
San Diego 33 Philadelphia 30
Miami 24 Indianapolis 20
Atlanta 31 St. Louis 24
Green Bay 38 Washington 20
Baltimore 14 Cleveland 6
Houston 30 Tennessee 24
Chicago 31 Minnesota 30
Arizona 25 Detroit 21
New Orleans 16 Tampa Bay 14
Denver 41 N.Y. Giants 23
Oakland 19 Jacksonville 9
San Francisco at Seattle
Monday's game — All Times Eastern
Pittsburgh at Cincinnati, 8:40 p.m.

MLS

Saturday's results

Columbus 2 Montreal 1
D.C. 2 Los Angeles 2
New York 2 Toronto FC 0
Houston 1 Philadelphia 0
Chicago 3 New England 2
Colorado 2 FC Dallas 1
Chivas USA 1 Portland 1
San Jose 0 Vancouver 0
Friday's game — All Times Eastern
Colorado at Portland, 10 p.m.

Horoscopes

♈ Aries

March 21 - April 20

When the Sun moves into the relationship area of your chart next weekend, you will have to compromise more. If there is anything selfish you want to do, you should do it now.

♉ Taurus

April 21 - May 21

If you have been having second thoughts about a project, you should keep them to yourself. Something will happen this week to make you realize things aren't as bad as you fear.

♊ Gemini

May 22 - June 21

At last there is light at the end of the tunnel and you will emerge into that light no later than the 22nd when the Sun moves into your fellow Air sign of Libra. In the meantime, don't take life so seriously.

♋ Cancer

June 22 - July 23

Have fun with friends this week because later you won't have time for socializing as you will be dealing with serious issues at home and at work. Laugh hard now and work hard later.

♌ Leo

July 24 - Aug. 23

Keep a firm grip on the purse strings over the next few days because if you start spending more than you can afford, you will regret it towards the end of the month. Save for something that is really worth having.

♍ Virgo

Aug. 24 - Sept. 23

The world won't come to a halt today but you will notice that certain parts of it start to slow down. It could, of course, be an optical illusion: Maybe it's just you speeding up and moving faster than everyone else.

♎ Libra

Sept. 24 - Oct. 23

When the Sun enters your birth sign on the 22nd, there will be no holding you back. But between now and then, you will have to conform to what others expect of you.

♏ Scorpio

Oct. 24 - Nov. 22

Take life as it comes and don't worry too much about its wider meaning. There will be no end of opportunities to ask the big questions towards the end of the month. For now, live in and enjoy the moment.

♐ Sagittarius

Nov. 23 - Dec. 21

Some thoughts in your head don't seem to belong to you. So where do they come from? Most likely you have allowed yourself to be influenced too much by your environment. Think for yourself.

♑ Capricorn

Dec. 22 - Jan. 20

You may be annoyed that your talents have been overlooked but the good news is you will soon break through to the big time. Be patient and be ready to act quickly.

♒ Aquarius

Jan. 21 - Feb. 19

You can hardly put a foot wrong at the moment and your luck should get even better towards the end of the week. But don't take anything for granted or the planets may decide to knock you back a bit.

♓ Pisces

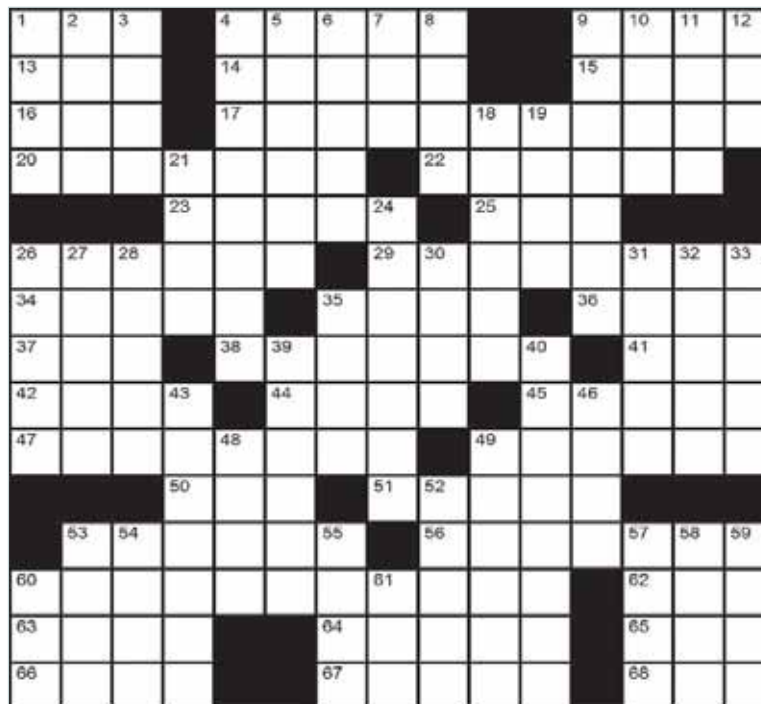
Feb. 20 - March 20

If you want to improve your life, you can't change things overnight. Set just one target to reach every day, and don't move to the next until you have mastered it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Compress, as a computer file
- Fancy-hatted English racecourse
- Kind of spirit
- Filmmaker Ms. Lupino
- Cursed
- Old Scandinavian symbol
- Modern
- "Dancing with the Stars" host: 2 wds.
- Alberta town
- Fall, for one
- ___ it goes (There you have it): 2 wds.
- Sixes, Roman-style
- Situation of unstableness or of urgency
- Eagles hit: "___"
- Is a tenant
- Praiseworthy poems
- ___ Fein
- Do like Al Pacino
- Canadian tenor Ben
- Certain consciousness
- Some are faux
- God: Spanish
- Legendary acting teacher, Stella ___ (b.1901 - d.1992)
- Hockey great from Saskatchewan, Bryan ___
- ___ Path (Toronto neighbourhood dubbed 'Millionaires Row')
- Paul's music duo partner
- Worker laying down the ceramics
- Some brands of electronics
- Most dungeon-like
- RCMP in French is GRC which is... ___ royale du Canada



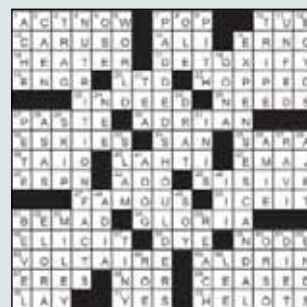
- Alias indicator
- Ballerina's skirt
- Tiger Woods' ex-wife, and namesakes
- Bolt
- "___ Slidin' Away" by Paul Simon
- Lets up
- Wilt
- Multivitamin

- mineral
- Notion
- Chess piece
- Dazzle
- Pirate fight weapons
- Arrives
- Earth, for one
- Jeans tops
- Locks
- Certain currency

- Unknown advice seeker's sign off, for short
- Sign on a restaurant restroom
- Change
- Laundry detergent brand
- Ship spar
- ___ of Montreal (Historic area on the

- St. Lawrence River)
- Basketry, for example
- Happen again
- Book's brief beginning
- Hankering
- Move over
- Georgia who played Georgette on "The Mary Tyler Moore Show"
- Sleep silently opposite
- "The Andy Griffith Show" role
- Newspaper VIP
- Infrequency
- Pursuit for Caroline Rhea
- Mr. Bogarde of film
- ___ bit harder (Put more effort in)
- "Glee" character played by Darren Criss
- Actor Mr. Elba
- Alone: French
- Against
- Captain Hook's sidekick
- Corn units
- Gull-like bird
- Powdered fruit-flavoured drink
- Lettered sports cars
- Old music high note

Friday's Crossword

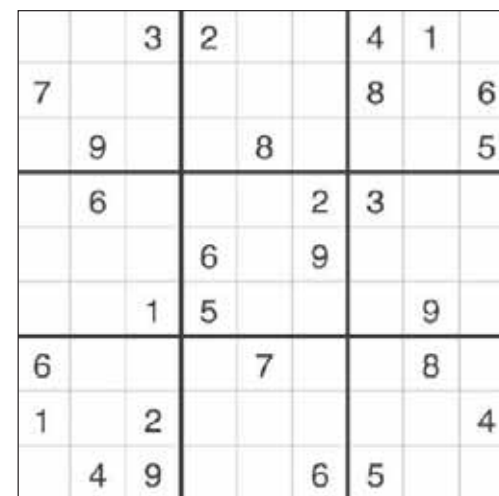


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

13°/2°
Sunny

Tuesday

16°/6°
Sunny

Know what the weather
will be 14 days from now.
Check the 14 day trend.

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